# October 2013

Filipino-American History Month / 18 Oct, 1200-1400





**Birthstone: Tourmaline, Opal** Flower: Calendula

Astrological Signs: Libra/Scorpio





Sun	Mon	screamfree PARENTING	Wed	Thu	Fri	Sat
		1. Playgroup 1000-1130 Sponsor Training 10-1030 Smooth Move 1230-1500 Scream Free Parenting 1600-1800	2 Spouses Sponsoring Spouses 1300-1400 First Termer Briefing 0930-1100	3 Infant Massage 1400 Play Group 1030-1130 AIS Early Release 1400	4 AIS Closed	5 Labor, Birth & Beyond 10-1600
6 PULL AND BUILDING	7 AWMGK Halloween Bingo 1830 Point & Shoot Photo Classes 1830- 2030	8 Playgroup GAP 1000-1130 Resume Writing: Marketing Your Volunteer Experience 10-11 Scream Free Parenting 1600-1800	9 At Heinsberg Hospital Tour 6 pm Play Morning CYSS 10-1130 IDS Meeting 1030-1200	Key Spouse Trning 0930-1130 Baby Signs,1000-1030 Play Group 1030-1130	11 4 <sup>th</sup> Annual Tri-Border Breast Cancer 5K Walk/Run	12 GK IYA Day Trip Amsterdam 0800-2100 Last Park & Sell 10-1300 De Bazaar—Schinnen Fitness Ctr
GK Chapel Fall Fest 1200-1500	Point & Shoot Photo Classes 1830- 2030 Columbus Day	15 Playgroup 10-1130 Medical Clinic Right Start 13-15 Scream Free Parenting 1600-1800 Home Buying 12-13	16 Commander's INTRO 0830-1500  PCS Brief Jr. enlisted 1130-1230 Smooth Move 1000-1130 Sponsor Trng 1400-1530	17 Culture College 0815-1630 Baby Signs 1000-1030 Play Group 1030-1130	18 Newcomers 0815-1630 GK Walking Tour 9-12 YC Halloween Trip Movie Park Parent's Night Out 1830-2330 Filipino-American History Month 1200-1400 GK MPR Bldg. 298	19
20	AIS Closed	AIS Closed Playgroup 10-1130 Budget for the Holidays 11-12	23 AIS Closed Tri-Border Qtr/VOL Awards Lunch 1200 GK E-3A Club	AIS Closed	AIS Closed Eifel Bazaar Spangdahlem 12-7pm	26 Eifel Bazaar Spangdahlem 10-7pm
27 Day Light Saving Eifel Bazaar Spangdahlem 11-4pm	28 Learn to use Your DSLR Camera 1830-2030	29	Grunk of Great	31 1730-1900 Trunk or Treat		West Gate ("back") 0530-0930 1130-1900 Closed Weekends
	•GK/• <u>Airman 8</u>	& Family Readiness Cente	<u>r: 458-6015</u>	Geilenkirchen CDC:	458-6017	& Holidays





- Schinnen Army Community Service: 360-7500
  - •Geilenkirchen Chapel: 458-6004
  - \*JFC Brunssum Chapel: 0031-45-526-2940
    - •Mental Health Clinic: 458-3378
- •International Conference Center: ICC 045-526-2907

- •JFC Brunssum CDC: 0031-45-526-2575/3004
  - •IYA: 02451-63-4954/4955
  - Health Promotions:: 458-3386
- •AFNORTH INT. School (AIS) 045-527-8263/8261MH/8251E

Tri-Border MFRC 02451-717500



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Saturday October 5th, 2013

11:30 am to 1:00 pm

**AFNORTH Gym** 



Buy a wristband for \$5 or 4€ to sample all the chili entries and get a full bowl of your favorite chili. Wristband price includes a drink from the canteen.

People's Choice and Judge's Awards in several categories Cash and Trophy Prizes 1st (\$100), 2nd (\$50), and 3rd (\$25)

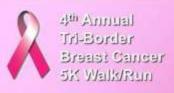
Come support the AFNORTH Tennis, Cross-Country, Volleyball, and Football teams for Homecoming!

Deadline to ender is October 4th, 2013

Contact akmueller5@gmail.com for an entry form.

OPEN TO ALL US AND NATO ID CARD HOLDERS!

PROCEEDS BENEFIT AFNORTH HIGH SCHOOL SPORTS! ketball, Cheedeading, Cross-Country, Faotball, Soccer, Softball, Swir Band\*, Tennis, Track & Field, Volleyball, and Wrestling (\*Letters Only)





### Friday, October 11, 2013

#### Location

NATO Gym Russing Track

1230 -1330 Registration 1330: Opening Ceremony

1335: Run Begins

#### Registration Fee: €15

- . Register with Team 5/0 and get a
- . Pledge £15+ to any CFC-D of your choice. (No fiee shift)

Funds released by Team \$45 will be donated to the CFC-O; Susan G. Komen Breest Center

#### Race for the Cure

### Register to Race for a Prize!

1st Place Female and Male

A) Under 45 Bi Own 45

Grand Prom Factors Rower

## Spansored By



#### See your squadron POC for more information:

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479,469,653 Carver, Alive Stript Ehrone, Nicola Tilige SATISFIELD ... MANUE OTHER MATCHINEA

Ration Javerry Stagt HATDOOS Donattion Steam Stat Nation 880 Smith, Average 20gl



Saturday 12 Oct

Sample the unique atmosphere of a bazaar featuring over 2,500 chops, selling artiques, curiousities, his clothing, new/used computers and tropical fruite to name a faw!

Eastic smalls, street artists - it's a fine and facinating display of divorgent cultures.

845 Apr 0 - 12

Coach Transportation, and entrance into Do Basaar are included in the price

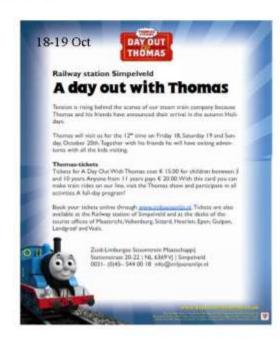
Expenses of personal nature are not included





For more information please call 31(0) 46-443-7561 starmyachianes incom-curput list schlange technici mit











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**MARRIAGE** 

Tuesdays, Nov 5, 12, & 19 Time: 4:00-6:00pm Schinnen ACS, Bldg. 39

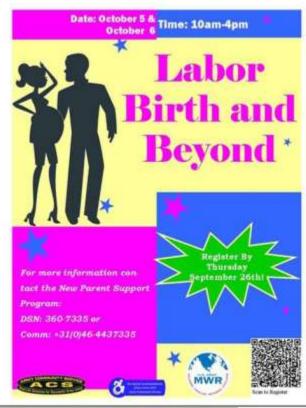
Three-part workshop offering the opportunity to

challenge your notions about what marriage should be.

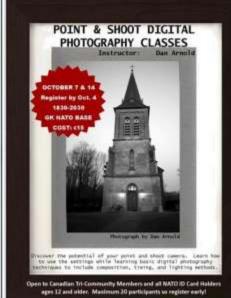
or more information or to register call ACS

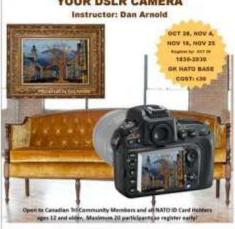
DSN: 360-7500/7453

or CIV +31 (0) 46-443-7500/7453









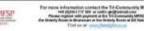




After this 4 session course you will never use your automatic carriers settings again! Learn more about your DUR camera settings such as focus modes, metering modes, ISO, shutter speeds, aperture settings, and flash settings. Receive practical educe and feedback on achieving special effects for your photographs.











MARRIAGE

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# November 2013

<u>Birthstone</u>: Topaz, Citrine <u>Flower</u>: Chrysanthemum



National Native American Indian & Alaska Native Heritage Month

Astrological Signs: Scorpio: October 23 - November 21, Sagittarius: November 22 - December 21

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	LEARN TO USE CAMERA Institution Sea Available White Committee Comm				1 CYSS CLOSED Hearts Apart 1400- 1500, AIS All Saints' Day	2
A&FRC TAP	4 TAP 8-1600 Learn to use Your DSLR Camera 1830-2030	5 TAP 8-1600 Playgroup 1000-1130 Scream Free Marriage, 1600-1800  ACS TAP 0900-1600	6 TAP 8-1600 At Heinsberg Hospital Tour 6 pm First Termer Briefing 0930-1100 ACS TAP 0900-1600	7 TAP 8-1600  Baby Signs, 1000-1030  Play Group, 1030-1130  Infant Massage 1400  ACS TAP 0900-1600	8 TAP 8-1600	9
.0	11 Veterans Day	12 Sponsor Trng 10-1030 Playgroup GAP 1000-1130 Scream Free Marriage, 1600-1800 Smooth Move 1230-1500 TLC: Principles for Healthy Relationships & Marriage 11-12	13 Commander's INTRO 0830-1500 Benelux AFAP Conference, 0830- 1700, Brussels ACS	14 Baby Signs, 1000-1030 Play Group, 1030-1130	15 GK Walking Tour 9- 12 Parent's Night Out 1830-2330 Late Night YC 1800	16
TOF THE THE	18 Heart Link 0900-1500 Learn to use Your DSLR Camera 1830-2030	19 Playgroup 1000-1130 Financial Planning for Transition 0900-1200 Scream Free Marriage, 1600-1800 AIS Early Release 1225	20 Smooth Move 1000-1130 Sponsor Trng 1400-1530 PCS Brief Jr. enlisted 1130- 1230 AIS Early Release 1225	21 Culture College 0815-1630 Baby Signs, 1000-1030 Play Group, 1030-1130 AIS Early Release 1225	22 Newcomers 0815- 1630 ACS VA Briefing	23
24	25 Learn to use Your DSLR Camera 1830-2030	26 Playgroup GAP 1000-1130 Thanksgiving Day	27 NFL Schedule 2013	28 Thanksgiving Baby Signs, 1000-1030 Play Group, 1030-1130	29	30



- •GK/•Airman & Family Readiness Center: 458-6015
- Schinnen Army Community Service: 360-7500
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#### Veteran's Administration (VA) Benefits Briefings

A great opportunity for Soldiers, Airmen, Sailors, Retired and Family Members to find out the latest on VA policies, and get answers from the people who know. 29 January, 11 April, 25 July, 22 October

VA briefing 8:30 am—12:30 pm DTAP briefing 1:30-3:30 pm USAG Benelux-Schinnen ACS Conference Room, Bldg 39

#### TAP (Transition Assistance Program) 3 Day Workshop

12-14 March, 11-13 June, 27-29 August , 5-7 November 9 am-4 pm, USAG Benefux-Schinnen ACS Conference Room. Bldg 39

In the TAP workshop, learn the skills needed to locate and get a great job by studying effective job search, resume writing, and interviewing techniques. Get valuable information on jobs in both the government and private sectors.

To register or for more information, please contact your USAG Benelux-Schinnen Representative at :

DSN 360-7269/7500 or CIV 046-443-7269/7500 Email: ACS-Schinnen@eur.army.mil







TELEPHONE

motorcoach for an exciting day trip to London

Saturday Dec 14

\$89

Trip open to BS/ NATO ID card olders and their quests

For more information call the Schinnen Fitness Center

BSN 368-7561 or 31 (0)46-443-7561







## **Every Month**

#### GK In-processing VAT Office, Finance Office, and Housing at the NSU Conference Rm from 0900-1200 every Thursday!

#### Smooth Move (GK) A&FRC

A Smooth Move workshop will be held on the first Tuesday of the month, 1230 – 1500, at the GK A&FRC. Experts will be on hand from Legal, Housing, TMO, Medical Clinic, Post Office and the A&FRC to answer your questions about the relocation process. There have been many changes to the moving process in recent years. Many resources are now online to assist you. Please RSVP to 0049-(0)2451-63-3791 or DSN 458-6015.

#### **Sponsorship Training (GK) A&FRC**

Learn helpful ideas on what you can do to assist the person or family you are sponsoring. You'll receive the latest information for your newcomer on a CD; ready for you to mail. **Sponsorship Application & Training (eSAT)** is the new standard available at Military One Source. You can complete local conditions and pick up the CD for mailing to your newcomer. On first Tuesday of the month from 1000-1100. Local conditions training takes less than an hour when you present a training certification from **eSAT.** Contact GK A&FRC at 0049-(0)2451-63-3791 or DSN 458-6015 for more information.

#### Welcome Event (GK) Commander's INTRO A&FRC

A must for newly arrived personnel! Family members are highly encouraged to attend this daylong seminar to learn more about German culture, setting up your household and places to visit. Join us 0800-1530 on the third Wednesday of the month. Call 0049-(0)2451-63-3791 or DSN 458-6015 to sign up.

#### **Geilenkirchen City Walking Orientation (GK)**

Join us 0900 - 1200 on the third Friday of the month/week of CC Intro, for a walking tour of Geilenkirchen introducing new personnel and their family members to the local area, train and bus stations, grocery store, restaurant, etc. Visit the Friday market and receive a free beverage at a local café. Sign up at the GK A&FRC or call 0049-(0)2451-63-3791 or DSN 458-6015 for more info.

### Hot Lunch Specials at Schinnen's Pin Point Café

Featured lunch specials are Chinese on Tuesday, Soup on Wednesday, Taco Salad on Thursday and Fish on Friday. The Pin Point Cafe in the Schinnen Bowling Center is open 11 a.m. to 2 p.m. on Tuesday; 11 a.m. to 2 p.m. and 5 to 8 p.m. Wednesday through Friday; 11 a.m. to 8 p.m. Saturday; 11 a.m. to 4 p.m. Sunday. Call 0031-(0)46-443-7527 or DSN 360-7207.

#### **Smooth Move Pre-Departure Services –ACS**

Wondering how to plan for your PCS move? Who you should notify and what kind of expenses to expect? Your answers are waiting with Relocation Readiness training at Schinnen ACS from 10 to 11:30 a.m. every third Wednesday of the month. Call 31(0)46-443-7500 or DSN 360-7500

### **Schinnen Bowling Center**

Enjoy 12-lanes of bowling, delicious food at the Pin Point Café, a children's play center and an adult recreation room with game machines. Check out our new 42" flat screen monitors and simplified scoring system. If you're looking for a great way to entertain a group of children, ask about our new Theme Bowling Packages. Remember, Sundays are Family Days from 11 a.m. to 4 p.m. when you bowl for only \$1 a game. For details about any of our activities, call 31(0)46-443-7207 or DSN 360-7207.

#### Get Out and Get Fit

At the Schinnen Fitness Center you can choose from a variety of workouts right for you. Our new schedule of classes is as follows: Tuesday, Body Pump 10 to 11 a.m. and Circuit Training 5:15 to 6:15 p.m.; Wednesday, Zumba 5:30 to 6:30 p.m.; Thursday, Circuit Training 9 to 10 a.m. and Spinning 11:30 a.m. to 12:15 p.m.; Fridays, Circuit Training 1 to 2 p.m. (for three or more by request only). Drop by for pickup basketball games 5 to 7:30 p.m. Fridays and noon to 2:30 p.m. Sundays. Racquetball lessons are available upon request. Center hours are 6 a.m. to 7 p.m. Mon through Fri; 9 a.m. to 5 p.m. Sat, Sun and American holidays. Please call 31(0)46-443-7561.



TRI-BORDER COMMUNITY CALENDAR



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